

Hours: Monday -Friday  
9:30am - 1:30pm



9411 Whiskey Bottom Road  
Laurel, MD 20723  
410-313-7218



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**March 2018**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Coffee Talk: Arrival until 10 a.m. daily</b> <b>Lunch: 12noon</b>			10:00 Good Old Days 10:30 Trivial Pursuit 12:45 Exercise w/Liz  <b>1</b>	10:00 Exercise w/Liz 11:00 Pizza Party 12:45 Bingo  <b>2</b>
10:00 Exercise w/Liz 11:00 Active Games 12:45 Good Old Days  <b>5</b>	10:00 Good Old Days 11:00 Breakfast Bar 12:45 Exercise w/Liz  <b>6</b>	10:00 Good Old Days 10:15 Singalong with Kay 11:30 ARL Health Fair 12:45 Tai Chi w/Dave  <b>7</b>	10:00 Good Old Days 10:30 Music w/Ellis 12:45 Exercise w/Liz  <b>8</b>	10:00 Exercise w/Liz 10:30 Good Old Days 11:00 Mighty Celtones Music 12:45 Bingo  <b>9</b>
10:00 Exercise w/Liz 11:00 History of Industry Activity 12:45 Good Old Days  <b>12</b>	10:00 Good Old Days 11:30 Music & Dance w/Al and Anne 12:45 Exercise w/Liz  <b>13</b>	10:00 Good Old Days 10:30 Paws4Comfort 10:30 Nature Program 12:45 Tai Chi w/Dave  <b>14</b>	10:00 Good Old Days 10:30 Music w/Tom 12:45 Exercise w/Liz  <b>15</b>	10:00 Exercise w/Liz 10:30 Good Old Days 11:00 St. Patrick's Day Activity 12:45 Bingo  <b>16</b>
10:00 Exercise w/Liz 11:00 Watercolor Painting 12:45 Good Old Days  <b>19</b>	10:00 Good Old Days 1030 Healthy Tasting 11:00 Ceramics with Charlene 12:45 Exercise w/Liz  <b>20</b>	10:00 Good Old Days 11:00 Music & Dance w/Al and Anne 12:45 Tai Chi w/Dave  <b>21</b>	10:00 Good Old Days 10:30 Remember the Alamo 12:45 Exercise w/Liz  <b>22</b>	10:00 Exercise w/Liz 10:30 Good Old Days 11:00 Music with Charlie E. 12:45 Bingo  <b>23</b>
<b>Bob Evans Restaurant</b> <b>9:30am – 1:30pm</b> <b>(410) 290-0004</b>  <b>26</b>	10:00 Good Old Days 11:00 ARL Spring Craft 12:45 Exercise w/Liz  <b>27</b>	10:00 Good Old Days 11:00 Spring Swing Dance 12:45 Tai Chi w/Dave  <b>28</b>	10:00 Good Old Days 10:30 COTA Student Activity 11:00 Easter Craft 12:45 Exercise w/Liz  <b>29</b>	<b>Closed For Good Friday</b>  <b>30</b>

# ***Celebrate Spring!***

*adapted from: <http://dailycaring.com/6-fun-spring-activities-for-seniors/>*

## ***Some ways to celebrate spring with seniors***

- **Enjoy a picnic meal**

Whether you eat indoors at home or outdoors in the park, having a special picnic meal is a lovely activity. Active older adults can help with the prep too. Part of the fun can be planning the menu together! Think about traditional picnic foods like sandwiches or wraps, coleslaw, macaroni or potato salad, cookies, and lemonade. You could even invite family and friends and turn it into a festive potluck.

- **Visit a farmer's market**

Ah, fresh produce and flowers! Leisurely strolling (or being wheeled) around a farmer's market is a perfect activity for seniors. There's so much to see and sample. Plus, they can take home some fresh veggies for a healthy meal.

- **Take a nature walk**

Once the weather warms up, take a walk through the neighborhood, go to the park, or visit a garden center. For those who are less mobile, sitting in the back yard, on the porch, or near an open window is just as nice.

- **Bring nature indoors**

Spring means plants, flowers and growth. Bring the beauty of nature inside by getting an easy-to-care-for plant, a fragrant potted herb like lavender, or some freshly cut flowers. Everyone can enjoy the scent and colors.

- **Bird watch**

A sure sign of spring is the birds chirping outside. Attract even more wildlife to your window by making and putting up a simple DIY bird feeder.

- **Do some spring cleaning**

Chances are, your older adult could stand to get rid of a few things around the house. Spring is a perfect time to clear out some of that clutter. It's also a perfect opportunity to go through keepsakes and share special memories.

## **Closings:**

**Friday, March 30<sup>th</sup>      Good Friday**

## **Outings:**

**Monday, March 26<sup>th</sup>    Bob Evans Restaurant Outing 9:30am-1:30pm.**

## **Resource and Referral Information**

**Maryland Access Point, (MAP):** Provides free information, assistance, and future planning for older adults and persons with disabilities. Contact them at 410-313-1234, 1-800-506-5806 or [map@howardcountymd.gov](mailto:map@howardcountymd.gov).

**RTA Paratransit Services:** 1-800-270-9553, Press 3 and follow prompts.

## **Inclement Weather Policy**

When Howard County Schools are closed or delayed two hours, the Connections Social Day Program is cancelled. When the public schools have a scheduled day off, please tune to WBAL-TV, listen to the Inclement Weather Line at 410-313-7777 or contact the center at 410-313-7218 to hear a recorded message regarding center operations.